



NCARNG Weekly Safety Newsletter



April 10, 2015

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information visit
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SAFETY CENTER](#)



Weather the Storm

Prepare for Nature's Most Violent Storms....

Lightning

Lightning Causes an average of 55-60 fatalities and 400 injuries each year and costs more than \$1 billion in insured losses each year. There is no safe place outdoors when a thunderstorm is nearby.

Lightning Safety Rules

- Get to a safe place. **When Thunder Roars, Go Indoors!**
- Keep away from electrical equipment and water pipes.

Tornadoes

A tornado is a violently rotating column of air extending from a cumulonimbus cloud, such as a thunderstorm, to the ground.

The average tornado moves from southwest to northeast, but tornadoes can move in any direction and can suddenly change their direction of motion. **Tornado Watch**—NWS meteorologists have determined that tornadoes are possible in your area. **Tornado Warning**—NWS meteorologists have determined that a tornado is occurring, or likely to occur within minutes, in the specified area.

Tornado Safety Rules

- The safest place to be is an underground shelter, basement, or safe room. If no underground shelter or safe room is available, a small, windowless interior room or hallway on the lowest level of a sturdy building is the safest alternative.
- Mobile homes are not safe during tornadoes. Abandon mobile homes and go to the nearest sturdy building or shelter immediately.
- If you are caught outdoors, seek shelter. If you cannot quickly walk to a shelter immediately get into a vehicle, buckle your seat belt and try to drive to the closest sturdy shelter.
- If flying debris occurs while you are driving, pull over and park. Now you have the following options as a last resort:
 - Stay in your vehicle with the seat belt on. Put your head down below the windows, covering with your hands and a blanket if possible.
 - If you can safely get noticeably lower than the level of the roadway, exit your car, and lie in that area, covering your head with your hands.



Flash Floods and Floods

A flash flood occurs within a few hours of heavy or excessive rainfall, a dam or levee failure, or the sudden release of water impounded by an ice jam. A flood is the inundation of a normally dry area caused by abnormal high water flow. Floods develop more slowly than flash floods, normally greater than 6 hours. Flash floods and floods are the #1 cause of deaths associated with thunderstorms, more than 90 fatalities each year. More than half of all flood-related drownings occur when a vehicle is driven into hazardous flood water.

Flash Flood Safety Rules

- Avoid driving, walking, or swimming in flood waters.
- Stay away from high water, storm drains, ditches, ravines, or culverts.
- If you come upon a flooded roadway never drive through it. **TURN AROUND DON'T DROWN!!!**

**For more Severe Weather information visit www.noaa.gov



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Use an Exercise Ball for Exercise Not as a Desk Chair



Exercise balls are designed for exactly that—exercise. The instability of the ball forces the use of the core muscles of the midsection. As an exercise tool, this is a positive feature because it is important to strengthen the musculature of the low back and abdomen. However, as is true of any exercise, muscles fatigue over sustained work. This decreases the ability of the user to maintain neutral postures.

Low Back Pain

From an ergonomics perspective, stability balls are not an effective solution for reducing low back pain in the workplace because:

- Active sitting increases the rate of fatigue due to constantly challenging your balance. In addition to fatigue, continuously maintaining your balance throughout the day may be an issue for some individuals and people with previous back injuries who have decreased postural control.
- Balls do not have armrests or back supports, key features in supporting the body.
- A reclined sitting position produces the least amount of disc pressure and muscle activity; this cannot be achieved with an exercise ball.

Safety Concerns

There are also safety concerns if someone is not using the ball properly. Balls do not have a stable balance and present a potential safety risk of falling off of them or the ball may pop causing the user to fall. In addition, a general user may not realize that a fully inflated ball is going to be much more difficult to sit on than a less inflated ball.

Exercise Balls for Exercise

The only situation recommend for an exercise ball is as a form of exercise. Perhaps an exercise ball could be used for a few minutes interspersed throughout the day for an exercise break, but not as a full-time desk chair. Exercise balls are a great addition to a comprehensive exercise/ health program; however, they are not a great addition to a comprehensive ergonomic computer workstation.

Best Solution for Prolonged Sitting

Finally, the best way to reduce low back fatigue and discomfort from sitting is to limit prolonged exposure to sitting to one hour and to choose a chair that allows you to change your sitting posture frequently throughout the day.

For more information visit <http://phc.amedd.army.mil/PHC%20Resource%20Library/Exercise%20Ball%20FS%2088-011-0311.pdf> and <http://www.self.com/body/workouts/2013/01/flat-abs-fast-secret-slideshow/>

STONE YOUR GUT: Exercise Ball Workout

Side Sculptor

Lie faceup with ball between feet. Roll onto right hip and elbow, left hand flat on floor behind you. Squeeze ball and lift legs as high as you can. Return to start and switch sides.



Rad Roll-up

Lie faceup, heels on top of ball, arms extended on floor above head. Engage abs and slowly roll up to touch fingertips to toes. Reverse movement.



Belly Buster

Sit on ball and lean back with hands on floor behind you, palms down and turned out, legs extended. Bring right knee toward chest. Repeat with left knee.



Core Climber

Start in a plank with forearms on ball, hands clasped. Pull right knee up to touch ball, then quickly return to start and repeat with left knee.



Ball-cycle

Lie faceup with hands behind head, elbows out, ball between feet, legs extended above floor. Lift left shoulder and crunch right knee to left elbow. Repeat on opposite side.



Waist Definer

Lie faceup on ball, knees bent, arms extended above head. Crunch up as you pull an imaginary rope with right arm then left arm. Continue until you are sitting. Reverse movement to return to start.

